

The Bowen Mountain Association Inc.

NEWSLETTER

Issue No 123

Spring September 2015



In This Issue

Happy 40th Birthday

Hello Neighbour

Redbank Development

he Bowen Mountain Newsletter is a quarterly publication compiled by a sub-committee of the Bowen Mountain Association Inc. and delivered free to residents of Bowen Mountain and to Grose Vale Post Office.

For verification purposes, articles submitted for publication are to include the author's name, address or phone number. Unacknowledged articles will not be published.

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**DEADLINE for December Issue
1 November 2015**

COVER

Birds and the Bunya
Sandra Boronyak

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The Treasurer

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Editor's Letter

Greetings everyone, and Happy 40th Birthday to our Bowen Mountain Association. Geoff was browsing through back copies of the newsletter and happened to see the 30th birthday issue - 10 years ago. We really do need someone to take on the job of recording these events and informing the committee when significant events occur. The BMA is planning a 40th birthday party in the park on 15 November - details in this issue.

A number of residents requested information about the Redbank Development. Their Community Relations Manager has forwarded an update in response to this.

Apologies for omitting the article advertised in the Winter issue entitled "What to do if you are alone and experience symptoms of a heart attack". We have included the information in this issue - hoping it will never be needed.

Also in this issue: Michael Campbell has interviewed Liz Rowan in another "Hello Neighbour" article.

Happy reading and cheers to all

Sylvia Moorcroft

Newsletter Editorial Committee

Sylvia Moorcroft, Sue Hoare, Geoff Moorcroft,
John Wulff

Bowen Mountain Association Inc. Executive

President - Geoff Moorcroft (Phone 4572 1540)

Vice President - Bill Kerr

Secretary - Alison Kerr

<secretary@bowenmountain.org.au>

Treasurer - Terry Hoare

General Committee

Colin Chesterman, Sylvia Moorcroft,
Liz Rowan, John Wulff,
Lance Mitchell

Sub-Committee Coordinators

Newsletter - Sylvia Moorcroft

Environmental & Planning - Robin Woods

Community Care - Barry Hanly, Terry Hoare,
Liz Rowan

Webmaster - Chris Duckworth

Facebook Administrator - Lance Mitchell

**BMA Committee meetings are held in the Park
Community Room on the second Monday of
each month at 7.30pm**

BMA Mailing address:

PO Box 3141, GROSE VALE NSW 2753

President's Report

Hello everyone – Welcome to our Spring edition of the Newsletter. We have experienced some strange weather this winter with extreme cold to warm sunny days – so we look forward to a warm spring.

Recently I read through my collection of past newsletters and realised that the BMA turns 40 this year – just in time to organise a celebration. We really need an Archivist or Librarian to document some of the history of the Association so that we don't have to rely on someone like me finding important dates by chance.

The BMA continues to assist residents of the Mountain through Environmental, Community Care and Social Committees and communicating through the Website and Facebook.

We will celebrate the 40th birthday with a party in the Park on November 15th. I welcome our re-elected committee for the coming year and hope to welcome new members and suggestions for how we can help and enhance our life on the Mountain.

Geoff Moorcroft
President

BMA 2015 Diary

MARCH	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall
	Tuesday 17 th	St Patrick's Day Dinner– Richmond Brasserie
APRIL	Saturday 11 th	Car Boot Sale and Sustainability Fair - Park
	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
	Monday 20 th	Community Care Morning Tea
MAY	Friday 1 st – Sun 3 rd	Arts Festival
	Monday 11 th	BMA MEETING – Bowen Mountain Park Hall
JUNE	Monday 8 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 14 th	Winter Interlude
July	Monday 13 th	BMA MEETING – Bowen Mountain Park Hall
	Tuesday 21 st	Banquet Dinner – Thai Angelina – Richmond
	Monday 27 th	XMAS in July – Community Care Lunch for Seniors – Bowen Mountain Park Hall
August	Monday 3 rd	BMA MEETING – Bowen Mountain Park Hall
	Sunday 9 th	Bowen Mountain Association AGM
September	Monday 14 th	BMA MEETING – Bowen Mountain Park Hall
	Tuesday 22 nd	Banquet Dinner – Mountain Palace – Nth Richmond
October	Monday 12 th	BMA MEETING – Bowen Mountain Park Hall
November	Monday 9 th	BMA MEETING – Bowen Mountain Park Hall
	Sunday 15 th	BMA 40 th Birthday party - Bowen Mountain Park Hall
	Tuesday 17 th	BMA Dinner – Kurrajong Kurries
December	Monday 14 th 11:30am	Christmas Lunch – Community Care Lunch for Seniors – Bowen Mountain Park Hall
	Monday 14 th evening	BMA Christmas Party – Bowen Mountain Park Hall

BOWEN MOUNTAIN ASSOCIATION INC.

UNCONFIRMED MINUTES OF THE BOWEN MOUNTAIN ASSOCIATION ANNUAL GENERAL MEETING HELD ON SUNDAY AUGUST 9TH 2015 BOWEN MOUNTAIN PARK HALL

Meeting commenced at 2.40 p.m.

Present: As per attendance record. A total of over 25 people attended the meeting.

The President, Geoff Moorcroft welcomed everyone to the meeting.

Apologies: Apologies were received from: John Wulff, Robin Woods, Marian Hanly, Colin Chesterman, Martha Allan, Lesley Carbery, Liz Rowan.

Minutes: Minutes of the Annual General Meeting on 17th August 2014. Complete minutes of the 2015 meeting will be printed in the newsletter.

MOTION: "That the Minutes of the AGM held on 17th August 2014 be accepted"

MOVED: Sylvia Moorcroft

SECONDED: Sue Hoare

CARRIED

1. Reports – All reports were detailed, tabled and printed in the Spring issues of the Bowen Mountain Association newsletter. These reports were from the President, Treasurer, Secretary and Newsletter Committee.
2. The meeting was then chaired by the President, Geoff Moorcroft and Vice President, Bill Kerr who introduced the guest speaker, Lance Mitchell who spoke on his ride for Down Syndrome NSW which he titled "From Kosciuszko to Coogee – my ride for Down Syndrome NSW" which proved to be a popular, informative and inspiring talk. Lance's passion for his ride was evident as he was influenced by "The Man from Snowy River" particularly the themes of resilience and persistence. At the end of Lances presentation Geoff Moorcroft and Bill Kerr invited questions from the audience. A variety of questions were discussed. Geoff and Bill thanked Lance for his passionate talk and attendance.
3. Sylvia as Editor of the Newsletter asked for people to take over the newsletter. We need new members to assist with these positions. Howard Mitchell suggested approaching Year 12 students. Sue Pitt said she would ask Mike Pitt re engaging Colo High School students to assist with the newsletter.
4. Members were advised that the Department of Fair Trading form (as required) was available for perusal before being forwarded to the department.
5. The annual Treasurer's report as at 30th June, 2015, outlined the following: total income: \$16,315.39 total expenditure \$ 13,964.47, term deposit \$5,000; total assets \$14,463.20 . A hard year for the BMA financially in regard to the new kitchen as we had to unexpectedly pay GST on the new kitchen. Questions regarding the Arts Festival ensued. A question was asked in regard to the profit of the Arts Festival. This was discussed.

MOTION: "That the Treasurers report be accepted"

MOVED: Terry Hoare

SECONDED: Howard Mitchell

CARRIED

6. The President declared that all positions on the BMA committee were vacant and handed the meeting over to the Returning Officer, Doug Carbery.
7. The election of the BMA Committee was then conducted resulting in the following people being elected.

Committee

PRESIDENT: Geoff Moorcroft

VICE PRESIDENT: Bill Kerr

SECRETARY: Alison Kerr

TREASURER: Terry Hoare

GENERAL COMMITTEE MEMBERS: Lance Mitchell, Liz Rowan, Colin Chesterman,
Sylvia Moorcroft, John Wulff,

Meeting closed at 4.00 p.m.

BOWEN MOUNTAIN ASSOCIATION INC.

Revised Treasurer's Report for the Year Ending 30th June, 2015

Particulars	Expenditure	Income	Net Income	Subtotals	Balance
Income and Expenditure:					
Term Deposit:					
Opening Balance at 1 July, 2014					\$8,883.20
Closing Balance at 30th June, 2015					\$5,000.00
Subtotal Income & Expenditure from Investment	-\$4,059.16	\$175.96	-\$3,883.20		
Cheque Account:					
Opening Balance at 1 July, 2014					\$9,151.08
Closing Balance at 30th June, 2015					\$7,266.88
Subtotal Income and Expenditure from Operations	\$18,023.63	\$16,139.43	-\$1,884.20		
Total Income and Expenditure	\$13,964.47	\$16,315.39	-\$5,767.40		
Assets:					
Current Assets:					
Cash				\$12,266.88	
Total current assets				\$12,266.88	
Non-Current Assets:					
Road Signs (2013) Depreciated @ 18% from 2013 value				\$112.85	
BBQ (2013) Depreciated @ 18% from 2013 value				\$426.47	
Other Assets from 2013 Depreciated @ 18% from 2013 value				\$1,657.05	
Total non-current assets				\$2,196.36	
Total Assets					\$14,463.24
Total Liabilities					\$0.00
Net Assets					\$14,463.24



9-Aug-15

T.M. Hoare

Date

Treasurer

The Bowen Mountain Association Inc.

VALE HARRY DAVISON

Residents of Bowen Mountain were sorry to hear of the death of Harry Davison on 27th June 2015. Harry was a very active and dedicated member of the local community in the early days of the Bowen Mountain Association when he and his wife Shirlee came to live in Bunya Crescent in the early 1990's. Harry was President of the Bowen Mountain Association from August 1997 to August 1999 and was also very involved with the Newsletter as a member of the Committee, and later when he collated and bundled up Newsletters for delivery. Harry and Shirlee were great travellers and he contributed interesting articles to Travellers Tales about his trip to Machu Pichu and to Alaska.

Harry loved singing and music and was a member and conductor of the Carmathen Singers a local choir – as well as enjoying the sing-alongs on many Community Care outings. He and Shirlee moved to Tumbi Umbi in 2002, but kept in touch with friends on the Mountain. On behalf of these residents we offer our sincere sympathy to Shirlee and his family.

The 2015 Bowen Mountain Association President's / Secretary AGM Report

With an unprecedented display of unusual weather over the recent year including hot days, rain, hail, winter turn up the heat days, summer, balmy nights and snow in the mountains. The Bowen Mountain Association has continued to make submissions to Council, improve facilities in the Park and roads and offer a range of social activities for residents.

As a result of submissions made by residents, assistance from Councillors and letters from the BMA drainage works are being undertaken on Bellbird Crescent, Bowen Mountain Road, Carters Road and Wattle Street. Council is undertaking road improvements to Serpentine Lane and resealing roads around Bowen Mountain. After recent foggy nights on the mountain with many people getting lost, driving into the wrong driveway or ending up in a ditch, the BMA has written to Council requesting the installation of cats eyes and reflectors throughout Bowen Mountain. Keep a look out for these on the mountain shortly.

Through the combined fund-raising by the BMA and Park Committee, December heralded a new kitchen built by Council for the Park Hall. The kitchen includes a new fridge, a wall oven to heat food, laminate benches with roll back rather than splash back tiles, a stainless steel finish on kickboards, spotlights from the ceiling and a double draining sink. There have been many successful parties, celebrations and discos in the hall since the new kitchen was installed. Several working bees throughout the year to clean up the Park and the Park hall have enhanced the new kitchen with fresh paint on the walls, ceilings and poles, spotless windows and the re invigoration of the Bicentennial Garden. Many thanks to Robin Woods and John Wulff and family who have brought this garden back to life.

A fresh and different look to the Bowen Mountain website was also considered necessary with Chris Duckworth contracted to develop a new website in conjunction with our webmaster, John Wulff and Park committee president, Colin Chesterman. This new website is now up and running. Chris Duckworth as webmaster continues to efficiently update and maintain this site. The Bowen Mountain Facebook page continues to attract comments from

all over the world and has attracted a very large following. Lost dogs, purses, bags and children have soon been recovered due to the effectiveness of this site. Thank you to our Facebook Administrator Lance Mitchell for attention to detail and continued administration of this site.

Due to the weather, indoor activities became popular throughout the year with successful nights at River Orchid, Thai Angelina and Kurrajong Kurries. Also, successful morning teas and a Christmas in July were held in the Park Hall throughout the year. Many thanks to Liz and Martha for organizing these events on behalf of the Community Care committee.

In March 2015, the popular third Bowen Mountain Market Day, Sustainability Fair and Car Boot Sale was held. Twenty-five stall holders set up their wares throughout the Park. A range of Environmental Sustainability activities including the popular Rangers on the Run - Bugs display and demonstration, vegetable gardening, worm composting, native plants for a sustainable native garden and displays from Council were the highlight of Market Day. Children and adults were involved in interesting and challenging craft activities throughout the day. May 2015 began with the annual Bowen Mountain Arts Festival. In its fifth year the Winter Musical Interlude in June 2015 featured a range of artists on instruments such as harp, guitar, saxophone, drums and voice.

We would like to thank everyone on the executive committee, the sub committees, and all those who gave their time and assistance with the various events throughout the year. Also, thank you to all of you who came along to our events and we hope you enjoyed yourselves. You are what makes the BMA what it is - a unique environment of creative, talented individuals who work as a team to bring BMA spirit to the Mountain.

Geoff Moorcroft
President

Alison Kerr
Secretary

August 9th 2015

VALE Frank Saliba

Frank died peacefully at his home on Pamela Crescent on 9th August, 2015. Frank's funeral was held at St Monica's Richmond, and he was laid to rest at St Gregory's Kurrajong, to which he travelled in style by motor cycle surrounded by his many friends riding their motor cycles

Sincere sympathy to his wife Gaynor, children and grandchildren and to his many friends on Bowen Mountain.

Park Report

Bowen Mountain Park Management Committee (BMPMC)

Annual General Meeting (AGM)

The AGM of the BMPMC will be held in the Park Hall, 7.30pm Thursday 7.30pm 8th October, 2015.

We welcome new committee members to assist with park maintenance, improvements, and park hall bookings.

Park Bookings

To book the Park Hall go to the web site

<http://www.bowenmountain.org.au/bookings/booking-community-room/>

where conditions of use, the calendar and the booking request form can be found. Alternately you can phone me on 02 4572 1710.

Colin Chesterman

Chairman, for BMPMC

bowenmountainpark@gmail.com



A yellow tailed Cockatoo and a Magpie with a broken wing observed in the park.



Bush Fire Liaison Officer's Report – August 2015

Dear Residents of Bowen Mountain and Grose Vale, greetings.

The 'Get Ready Day', RFS Open Day and Firewise presentation are to be held in Bowen Mountain Park and Community Hall on Saturday 12 September 2015 from 10.00am to 3.00p.m, weather permitting. This is a big day on our calendar and worthy of the maximum attendance by residents of Bowen Mountain and Grose Vale. You are all invited to attend and talk about your Fire Plan in the event that this area is impacted by Bush Fires during the next Bushfire Season – October 2015 – end of March 2016. Refreshments and a sausage sizzle should be available on the day.

A new fire trail to be known as the Don Robinson Fire Trail is about to be created on Bowen Mountain. The location of this fire trail is not yet known to the writer but I hope to reveal its location in the next BMA Newsletter.

U3A Hawkesbury Inc. **SHOWCASE 2015**

Members are very busy preparing for what may become an annual event. An Exhibition of Work and an afternoon of entertainment will be held on **Saturday, 10th October 2015**, at the Masonic Centre, George Street, South Windsor (Bligh Park end). The success of this event relies on the assistance of all our members, not just those participating. Paid advertising is too costly so we do ask that as many members as possible distribute our flyers for this event. Many members enjoy multiple classes and perhaps this would be the time to show your appreciation of the effort that goes into organising U3A if you could bring your family and friends along on the day.

An invitation is enclosed with this Newsletter. Please help make this a memorable day. A gold coin donation is requested on entry and there is ample parking at the rear of the building as well as on the grass verge outside the front fence. Members are also requested to bring a small plate of goodies for the refreshments that follow the afternoon's entertainment.

The Exhibition will open at 10.00am and remain open until 4.00pm. The Entertainment will begin at 1.30pm and finish at 3.15pm with a comfort break in between.

Two senior members of the Hawkesbury District Fire Service have now left the Hawkesbury Fire Control Headquarters and have moved to the Gloucester-Great Lakes area of NSW. The Deputy Fire Control Officer – Inspector Max Ryan and his wife Jenny will be greatly missed and at this stage have not been replaced. Max Ryan has spent four generations in the Hawkesbury and 41 years in the RFS. Max was the Captain of the Grose Vale Rural Fire Brigade for a number of years before his promotion to Inspector and assuming the role of Deputy Fire Control Officer for the Hawkesbury Fire District. Max and Jenny have sent their many thanks to all friends and acquaintances in the Hawkesbury.

That's all for now folks.

Best regards

Terry Hoare

Bush Fire Liaison Officer – BMA Inc.

POSITIONS VACANT

The Newsletter committee has lost some of its members this year with the death of Rita Rutkovskis and the retirement of Marian Hanley and Michael Campbell, and the Moorcrofts will be leaving another gap when they sell "Woodbines" and move on.

As well as committee members the Newsletter needs an editor, and advertising co-ordinator. I have been editor for over 10 years now and have found it very interesting and challenging...at times stressful, but stimulating. There is no "lay out work" thanks to John Wulff, but lots of co-ordinating and data collecting (a gopher) really. It would suit a retired resident or a part-time worker, and lots of help and advice is available.

Is anyone available to continue the Personal Jottings, which keeps us up to date with social events on the Mountain? Geoff needs someone to take over the important job he has done for over 15 years of finding advertisers to defray publishing costs.

If these positions are not filled it will be difficult to continue publication of this Newsletter, which has been an important "Voice" on the Mountain for forty years. ..We hope this will never happen.

Sylvia Moorcroft Editor

Hello Neighbour

Michael Campbell

This article is an edited transcript of a chat I had with Liz Rowan in the lounge room of her home in Lt. Bowen Road, Sunday 12 July 2015.

Q. Liz, can you tell me how long you've been in Bowen Mountain and what brought you here?

I've been on Bowen Mountain 5 years this November. I always loved Bowen Mountain. When I went to purchase a house about twenty years ago I looked at a house in Wattle Street, but the bank wouldn't give me a loan for it because they didn't think it was good enough, so I ended up buying a place in Freeman's Reach. It was probably better buying at Freeman's Reach for the children. And then I got up one morning and said to my youngest who was living with me, "I think I'll sell and move", and when you're single you can do that, you don't have to ask anyone.

And since I had always wanted to live at Bowen Mountain I came up and had a look. I was looking at a house about 15 houses down the road from where I am now and the real estate agent didn't turn up and since I was driving the 25 seater bus I had to bring it up here (to where I'm now living) and turn it around and I noticed this house was for sale. So I rang the agent – it was my agent that had it, but they said it was out of the price range that I was looking at, but I said I don't care I want to look at it, and I did and I bought it. So that's how I got to Bowen Mountain and the view from the back verandah did it. I love Bowen Mountain.

Q. So why do you love Bowen Mountain?

Well I've got great neighbours, it's quiet, there are lovely bush walks, lots of bird life. There's a lot of wind up here. I have the odd goanna come into the back yard. Little wallabies come into next door. And you go out late at night and you can hear the kangaroos crashing through the bush. It's just such a nice peaceful spot up here. And I must admit I do particularly like the bush walks up here.

Q You don't mind driving down to work?

Well the North Richmond traffic is a major concern and it's going to get worse. But at the moment I'm fairly lucky that, because I work at Windsor, I can go through Kurmond Road and that's a lot better. You know I've been down Grose Vale Rd where it's been banked up to St John of God and you can spend another 40 minutes getting through.

Q What do you do for a living Liz?

I'm the manager for Bridges Disability Services and have been for the last nine years. Bridges provides programs for children and adults with disabilities.

Q. What kind of programs?



We do day programs and recreation. With day programs, clients come to the centre three or four days a week and the recreation program is for children and adults. We do Friday nights, after school and Saturdays. We go to the markets, the YMCA, sports and pictures etc.

Our adult program is about to do a 4 night cruise in October to the Sunshine Coast. We went to Moreton Island on the last cruise. We plan to do a cruise every two years. And the rest of the time we do camps. Last Friday night we were at the Richmond Club "all you can eat". So we get to go out Friday nights. We do lots of stuff. Clients get to choose what they want to do. We have a sub-committee, there are 12 clients on the sub-committee and they meet once a month and look at any complaints, issues and activity ideas. I don't attend that meeting unless I'm needed. They have a volunteer that assists and the minutes go to the management committee.

Q What did you do before working in the disabilities' area?

About 25 years ago I worked for San Miguel, which is the family refuge at North Richmond. I worked there for 6 years as the coordinator. It takes in

Hello Neighbour

families that are homeless. It's still running. It's on Kurmond Road and is under Boy's Town now. I decided I'd had enough of working in refuges, and thought I'd try something new and I saw an advertisement in the paper where Access Industries was looking for a welfare officer and I thought I could do that. So I went down and there were about 20 applicants for the job and I got it! I was told the other applicants were all uni. students and they had their stuff, and I had my degree, but I had a bit more up here (pointing to her head) and so I worked there and that's how I got into disability care. And after that I went to a couple of different places - every few years I'd change jobs. But this one has been my longest, possibly because I'm the manager. It's a small business. We have a large clientèle - about 80 clients and with the National Disability Insurance Scheme coming we are going to get bigger.

Q How will the NDIS affect you?

Well, there will be no more funding for our recreation program. We're block funded for that recreation program. That means the government gives us money to provide for 20 clients. We have 80 clients. We have volunteers and we've made the program a lot bigger. When the NDIS comes in people will have their own package to spend so there will be no more block funding. A person will have to pay out of their package to come to us. There are some really good points to the NDIS. It will give people control over what services they want. It's the person now who is in the centre and not the organisation.

Q. What is the range of clientèle that you have at Bridges?

Our clients' ages range from 5 to 65 with all types of disabilities.

Q. Who set up Bridges?

It was set up by a couple of parents that were looking for something to help. There was nothing in the area. They started off at Bligh Park one afternoon a week. It's been going for about 25 years now. Then they got some state funding in and it just grew from there.

I very much enjoy working for people with a disability. I think I've found my niche. I like to be an advocate for them. I just like to see them get out there and enjoy themselves and for people to accept them and give them the same choices as everybody else. The cruises are popular – probably the majority of them would never get to go on a cruise. And this is the second cruise that we're doing. Every two years we'll do a cruise. This time there will be 42 of us going. There are 8 carers, 32 of our clients and 2 clients from another service. So we have a four to one ratio. All the carers are volunteers. No one gets

paid for it. We just couldn't afford to do it. The clients pay their own way. They've fund raised for the carers to go. We could never afford to pay staff. On all the camps, people volunteer their time.

Q. Are you looking for volunteers?

We are always looking for volunteers to help. They mainly assist with going out and accessing the community with clients.

Q. If people were interested in volunteering how would they contact you?

Just ring me at Bridges Disability Services.

Q. Why is it called Bridges?

I have no idea. Someone just thought of that 25 years ago. And our logo is a bridge. I think it was bridging the differences between people with disabilities and the community.

Q. You have a few pets. What sort of pets do you have?

As you can see, I collect a lot of stray animals. I have two dogs that are rescue dogs from the pound. I've got four cats. All except one have been given to me or it's been a stray and I've taken it in. I've also got chooks and guinea pigs.

Q. And the chooks give you eggs?

Yes, and the goanna eats them! I give them to the goanna. He doesn't have to come up to the backyard now, I just put them outside the fence for him so he can just come and get them. I'm not that struck on eggs. The chooks were strays, they were going to get their heads chopped off, so I took them. And I'm looking after three rabbits that belong to my son who's overseas for a while.

I have three boys. Chris, David and Matt.

I'm very much an animal lover. I used to drag them home from school as a kid. We had so many dogs and cats.

Q. You do a bit of bush walking?

I do. I particularly like to do the Bowen Mountain bush walks. I haven't done the walk at the end of Lt. Bowen Drive but I have done the one at the end of Lt. Bowen Road quite a few times. I would probably go for a walk once a week in there. Sometimes I take the dogs, but only in winter time because of the ticks.

I've been in the Hawkesbury for at least 35 years now. I love the Hawkesbury.

Q. What do you like so much about the Hawkesbury?

Well it's close to work to start off with. I loved it when I lived at Freeman's Reach. I loved the small

Hello Neighbour

community there. I don't think I'd ever live on the east side of the river though. It's quieter here.

Q. Where did you live before the Hawkesbury?

I'm a Doonside girl. I was brought up there and my parents still live there in the same house.

Q. And besides bushwalking do you have any other interests or hobbies?

I love cruising. I find it very relaxing. No phones. Getting fed. Doing a bit of travelling.

Q. So when you do a cruise, what sort of cruise do you do?

I've been to New Zealand and to Noumea and the Pacific Islands. The one I want to do in two years is Japan. About 30 nights.

Q. You're also involved with the Bowen Mountain Community Care. Can you tell me what that involves?

Well I decided to go to a Bowen Mountain meeting one night and I made the "mistake" of saying "I can help with that", and within 10 minutes I was running it. We have morning teas and lunches, We had Christmas in July on the 27th and are having a Christmas lunch on 14th December. If anyone needs a lift somewhere or there are hospital visits then we'll assist them with transport.

Q. Do you need more help with this?

It would be really good if we had more people to help. People could come along to the morning teas, to activities, to assist in a general sense, and provide transport if needed.

Q. And you're a member of the Bowen Mountain Association?

Yes, and I also belong to the North Richmond NRDCAA – the North Richmond and Districts Community Action Association. They are very much like the Bowen Mountain Association except that the NRDCAA does all of the Hawkesbury area. So if you have a problem you can go and see them and they'll take it on board for you. They are very much community minded organisations.

I remember when Windsor was flourishing and now it's dead. It looked better. I remember when they closed the mall off and they lost a fair bit of business that way. I think we have a council that doesn't have the interest to look at what's best for the Hawkesbury. If you go to council meetings you'll soon find out they don't. There's a 7 to 5

voting block each time. We have a Liberal dominated council and it's all for building development. So I've probably become very community minded now that I've got a bit of spare time. And I don't want them to change Bowen Mountain. I think we're fairly lucky that there's nothing they can do up here. I don't like kerb and guttering and street lights. The only thing I'd like to see are cat eyes all through Bowen Mountain roads because of the fog. I know we had some really foggy nights last year and I had to leave my car twenty houses down the road and walk the rest of the way because I couldn't see and it was safer to walk. I think we're fairly lucky up here that we're away from all the nonsense, except we're going to have huge problems with the traffic when the housing developments come through – we've got problems now with traffic, but we're going to have **more** problems. Hopefully by that time I'll be retired.

Q. What was your first job?

It was at the Commonwealth Bank at Wynyard for 11 months, and I couldn't believe that I wasn't getting equal pay with the males, so I left and went to the Customs Department - with the public service. I was there for 6 years and received equal pay. I worked in customs house and did all the paperwork for imports and exports.

Q. So to conclude, what's the best thing about Bowen Mountain for you and what could be done to enhance the Bowen Mountain experience?

The quietness and the views. I'd like to see some bush walking groups up here. I know we get a few but I'd like to see some take place say once a month, and have a few more Bowen Mountain activities like "Meet your neighbours". At this end of the mountain we've had a few street parties, which has been really nice. I've been fairly lucky that I've got great neighbours and that adds a lot to the atmosphere up here too. The next door neighbour is really great. I've only got to scream and he comes running. Even for a rat or a quoll or something that I've spotted.

Q. How long do you think you'll be in Bowen Mountain?

Hopefully I'll be here for a long time. I'm at peace up here. I love coming home and that just proves how much I love the place. I enjoy the weekends. I'm quite happy to just do a bit of gardening and do my own thing.

PERSONAL JOTTING

It's great to hear that our local electrician and 'sometime' Newsletter correspondent Finn Jakobsen is on the mend after a rather dramatic heart attack and a spell in Westmead Hospital (Finn was "brought back to life" twice). However, he and Ulla joined us at Thai Angelina in July and Finn continues to improve (especially his damaged vocal chords) with lots of love and care from his family and friends.



**You and your family are invited
to celebrate the**

**Bowen Mountain Association's
40th Birthday**

**On Sunday 15th November 2015 3:00pm
Bowen Mountain Park Hall and Park**

**Afternoon tea, drinks, nibblies, games and children's activities
provided by the Bowen Mountain Association.**

Come and enjoy the fun as we celebrate our fortieth year!

Enquiries: Alison 4572 1309

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and functions.

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I am Brooke Taylor, the Redbank Community Relations Manager.

I have had a number of Bowen Mountain residents contact me regarding where we are at with the estate in terms of sales & construction. There are also enquires regarding the lodgement of the Navua Bridge DA.

Lot preparation has commenced in Hawkesbury's newest housing development, Redbank. North Richmond Joint Venture's contractor JK Williams have commenced civil construction works in line with the Development Consents received from Council to date and everything is on schedule for our Stage 1 'Yobarnie Rise' residents to commence construction of their houses early next year, followed by Stage 2 "Mountain View" mid-year.

Our first 2 stages within Redbank had an average land size of 645m² and are now completely SOLD OUT. Stage 3 'Belmont' was released on Saturday 15 August and consists of our fully serviced rural acreage style lots which range between 1500m² to 3999m². This stage is just shy of being 50% sold.

Our next stage "The Gallery" is scheduled to be released in the next 4 to 6 weeks. The Gallery comprises of 64 house and land packages, which are currently being tendered by a selection of Sydney's largest home builders. Our next available R2 lots 'Yeoman's Rise' will be released this spring. This stage has attractive lots ranging from 450m² to 1000m².

To date over 80% of purchasers currently reside in

the Hawkesbury LGA. The same percentage of purchasers intend on being owner / occupier, while a large number of first home buyers and downsizers have been attracted to the project. 15 % of land has been purchased by spec builders and the estate only has 2.8% investors at this time.

While our sales team have been kept busy, the rest of our team have been working on a number of items outlined in the Voluntary Planning Agreement including the Navua Bridge Development Application.

This application has been highly complex and required significant input from several external consultants. The expected lodgement of the Development Application to Council will take place in October 2015, with a reviewing period to follow. Pending Council approval, the bridge is required to be fully operational by the title release of the 641st lot.

If you have any questions or concerns regarding the estate please contact our Community Relations Manager, Brooke Taylor on either 0404 488 950 or by email community@nrjv.com.au

HOW TO SURVIVE A HEART ATTACK WHEN ALONE? SELF CPR.

1. Let's say it's 7.25 pm and you're going home (alone of course) after an unusually hard day on the job.

2. You're really tired, upset and frustrated.

3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five miles from the hospital nearest your home.

4. Unfortunately you don't know if you'll be able to make it that far.

5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

6. Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has

only about 10 seconds left before losing consciousness.

7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

9. Tell as many other people as possible about this. It could save their lives!!

BMA Dinners

**YOU ARE INVITED TO ENJOY A DELIGHTFUL FUN
FILLED EVENING WITH FRIENDS AND NEIGHBOURS
AT A SPECIAL BANQUET DINNER AT**

**MOUNTAIN PALACE, NTH RICHMOND
TUESDAY 22nd September 2015 AT 7:00PM**

**\$ 22 PER PERSON INCLUDES ONE ENTRÉE, FIVE
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BYO Corkage \$2.40 PER PERSON

BOOKINGS ESSENTIAL: PHONE: SYLVIA 4572 1540

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CHILDREN HALF PRICE. BYO.

BOOKINGS ESSENTIAL: PHONE: SYLVIA 4572 1540

Grose Vale Store

Hooray!!!

The service station at Lucky 7 Grose Vale has finally opened and fuel is selling at competitive prices!

After being a vacant property for several years, the Sleiman family from Sydney decided two years ago to invest its experience and money into renovating the site and providing convenience with a smile seven days a week.

While the project took longer than expected to complete, final touches are now being applied and more services will to be added to this site in the near future.

The Sleiman family who opened Lucky 7 as a convenience store back in December 2013, have a history of successful businesses in the fuel industry and other industries all around NSW. However Grose Vale has been their most pleasing suburb to work at. The family has

enjoyed the community spirit and tranquillity of the area as well as the welcoming support of the residents at Grose Vale, Grose Wold and Bowen Mountain.

The family extends its gratitude to all the residents in the area, especially the neighbours on Grose Vale Road for their patience and tolerance to all the interruptions and inconvenience caused by the construction works over the last few months. Special thanks go to all the local tradesmen who helped on the whole project and the residents who were eager to support the fuel business from its first day of trade.

Everyone is invited to visit the new Lucky 7 Store at the corner of Grose Vale Road and Grose Wold Road. The new trading hours are 5 am till 10 pm, 7 days a week.

Hanna Sleiman



Our first customer



Community Care

Community Care assists residents of our community in need of assistance with transport to medical appointments, local social events, or general information regarding Hawkesbury Community Services.

Community Care organises social morning teas and luncheons for residents in the Bowen

Mountain Hall. Transport is available if needed. Please check the newsletter and web-site for social events.

Phone: Liz Rowan 4572 2416
or Terry Hoare 4572 1140
or Barry Hanly 4572 1510

Invitation **to all residents**

*Community Care
Christmas Lunch*

**Monday 14th December
2015**

11:30am - 2pm

Bowen Mountain Hall
(transport available if needed)

RSVP Liz 4572 2416



There was a good attendance at the Christmas in July – as you can see!





Community Notices

BOWEN MOUNTAIN BUSHWALK BOOK

5th edition

Ring Yane Jamieson
4572 1321



Join the BMA facebook Page and connect with other people from Bowen Mountain.

To go to the BMA facebook Page

Go to www.facebook.com

Create your facebook account (this is free)
Search for 'Bowen Mountain'
(the logo is the Bunya Tree)

*Send a 'Friend' request to get accepted.
You will find lots of up to the minute
information from the Mountain.*

Tai Chi

Come and join us in Bowen Mountain Park on
Sunday mornings - weather permitting
Start at 10:00 am

For more information phone Sylvia: 4572 1540

CRAGO OBSERVATORY

The Observatory is operated by the Astronomical Society of NSW and is located at the northern end of Lt Bowen Road, about 200 metres past the gate on the fire trail.

Residents are welcome to attend our stargazing evenings on the listed **Saturdays** - subject to weather.

Saturday 5 September
Saturday 3 October
Saturday 7 November
Saturday 5 December



Please remember to cover your torches with red cellophane as you approach the observatory. White light causes the pupil of the eye to contract and it takes 20-30 minutes to regain dark adaptation.

*For further information, and to confirm
Friday openings, contact Adrian Saw on
4572 1568*

Tai Chi Shibashi

is held at CWA Richmond
Mondays at 2:00 pm

contact U3a office on 4578 2333

U3A

Contact information.

Rear of Hawkesbury Skills Inc.
23 Bosworth Street, Richmond
4578 2333

Mon. 9.00 am – 12 mid-day
Wed. and Frid.
10.00am to 12 mid-day

U3A Hawkesbury Inc.
PO Box 120 Richmond 2753

u3ahwkbby@summit.net.au

Hawkesbury.u3anet.org.au

An invitation to U3A HAWKESBURY SHOWCASE 2015

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Saturday 10th October
Hawkesbury Masonic Centre,
731 George Street,
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Opening at 10.00am
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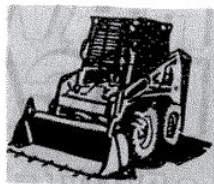
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Fax: 02 4573 0372

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